

Agestrong is:

- A group strength and balance program
- Designed for older people
- Run by trained exercise leaders
- Low cost – under \$7 per session
- Run in safe, supportive environments
- Supported by research as a form of physical activity with many health benefits.

Each session includes:

- Gentle warm up
- Exercises using hand weights, ankle weights and therabands. The leader will guide you through the exercises
- Stretching and cool down.

The benefits include:

- Increased strength
- Improved flexibility and balance
- Increased confidence
- Lower risk of falls
- Increased ease of daily activities
- Opportunity to meet new people.

Who will benefit?

Older people who do not exercise due to low confidence, fear of falls or chronic health conditions.

The Agestrong Network

The Agestrong Network work together to increase safe and suitable strength and balance programs for older people in the Frankston and Mornington Peninsula region.



For more information

See over for how to join a group

For all other enquiries contact:

Phone **(03) 5976 9071**

Email **agestrong@phcn.vic.gov.au**

Web **peninsulahealth.org.au/agestrong**

Print Code 14060

Agestrong

Strength & Balance Program



The **Agestrong** content is used in **Stay on your Feet** classes.

Agestrong is run in partnership by:



Location	Venue	Mon		Tue		Wed		Thu		Fri	
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Patterson Lakes	Patterson Lakes Community Centre 54-70 Thompson Road, Patterson Lakes			✓ ^				✓ ^			
Langwarrin	Langwarrin Community Centre 2 Lang Rd, Langwarrin					^				✓ ^	
Carrum Downs	Lyrebird Community Centre 203-205 Lyrebird Dve, Carrum Downs	✓									✓
Frankston North	Frankston North Community Centre 26 Mahogany Ave, Frankston North	✓ ^				✓ ^					
Karingal Place	Karingal PLACE 103 Ashleigh Ave, Frankston	✓						✓			
Frankston CRC	Frankston Community Rehab Centre Building 2, 125 Golf Links Rd, Frankston			✓				✓			
Frankston	SAI Home and Community Care 411 Nepean Highway, Frankston	✓						✓			
Frankston South	Frankston South Community & Rec Centre 55 Towerhill Rd, Frankston South	✓	*			✓				✓	
Mornington	Civic Reserve Recreation Centre 350 Dunns Road, Mornington								✓ *		✓ ^
Hastings	Pelican Park Recreation Centre 2 Marine Parade, Hastings		✓ * ^								
Hastings	Hastings Hall 3 High Street, Hastings							^			
Somerville	Somerville Recreation Centre 14 Edward Street, Somerville			✓				✓			
Flinders	Flinders Hall, 54 Cook Street, Flinders			✓							
Safety Beach	Safety Beach Sailing Club Marine Drive, Safety Beach			✓ ^						✓ ^	
Somers	Somers Pavilion 68 Camp Hill Road, Somers							✓			
Rosebud Senior Citizens	Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud	✓ ^				✓ ^					
Rosebud Bayview	Bayview Church 1 Inglewood Crescent, Rosebud				✓						
Rosebud CH	Rosebud Community Health 38 Braidwood Ave, Rosebud							✓			
Rosebud	Rosebud Memorial Hall Nepean Highway, Rosebud						✓ ^				
Blairgowrie	Blairgowrie Community Hall 8 William Rd, Blairgowrie		✓	✓			✓				✓

* **Chair-based groups:** All exercises are done from your chair. These classes are for people who cannot stand for long.

✓ **Entry level groups:** Most exercises are done standing. Exercises can be modified to be done from your chair if needed. Most exercises have 2 or 3 different levels of difficulty.

^ **Advanced groups:** For people who have been in an entry level group and are ready to advance to a higher level.

To join a group contact Access, Peninsula Health on 1300 665 781

An intake worker will book you in for an assessment with a Physiotherapist or Exercise Physiologist. This will be at your local Community Health Centre – Rosebud, Frankston, Hastings or Mornington.

If you have a history of heart disease, high blood pressure, suffer severe breathlessness or experience chest pain, you will also need your GP to fill in a form. The intake worker will send you the form.

For the most recent class times, visit www.peninsulahealth.org.au/agestrong